

1. A tablet comprising an effervescent composition comprising:
menthol;
eucalyptus oil; and
an effervescent agent;
wherein the tablet dissolves in water having a temperature of at least 38°C
to form a clear solution.
2. The tablet of claim 1, wherein said composition comprises from 0.5 % by
weight to about 10 % by weight menthol.
3. The tablet of claim 1, wherein said composition comprises from 1 % by
weight to about 5 % by weight menthol.
4. The tablet of claim 1, wherein said composition comprises from 0.5 % by
weight to about 10 % by weight eucalyptus oil.
5. The tablet of claim 1, wherein said composition comprises from 1 % by
weight to about 7 % by weight eucalyptus oil.
6. The tablet of claim 2, wherein said composition comprises from 1 % by
weight to about 7 % by weight eucalyptus oil.
7. The tablet of claim 1 having a hardness of at least 5 kilopounds.
8. The tablet of claim 1 having a hardness of at least 15 kilopounds.
9. The tablet of claim 1 having a hardness of at least 20 kilopounds.
10. The tablet of claim 1, wherein said tablet dissolves in water having a
temperature of about 38°C in less than 120 seconds.

11. The tablet of claim 1, wherein said tablet dissolves in water having a temperature of about 38°C in less than 100 seconds.

5 12. The tablet of claim 8, wherein said tablet dissolves in water having a temperature of about 38°C in less than 120 seconds.

13. The tablet of claim 8, wherein said tablet dissolves in water having a temperature of about 38°C in less than 100 seconds.

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14. The tablet of claim 1, further comprising lubricant.

15. The tablet of claim 14, wherein said lubricant comprises sodium benzoate, polyethylene glycol, L-leucine, adipic acid, or a combination thereof.

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16. The tablet of claim 1, further comprising magnesium oxide.

17. The tablet of claim 1, further comprising pigment.

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18. The tablet of claim 1, further comprising flavor agent.

19. The tablet of claim 1, further comprising sweetening agent.

20. The tablet of claim 1, further comprising sorbitol.

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21. A tablet comprising an effervescent composition comprising:
menthol;
eucalyptus oil; and
an effervescent agent;

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the tablet having a hardness of at least 10 kilopounds and dissolving in water having a temperature of about 38°C in less than 120 seconds.

22. The tablet of claim 21, wherein said tablet dissolves in water having a temperature of about 38°C in less than 100 seconds.

5 23. The tablet of claim 21 having a hardness of at least 15 kilopounds.

24. The tablet of claim 21 having a hardness of at least 20 kilopounds.

10 25. The tablet of claim 23, wherein said tablet dissolves in water having a temperature of about 38°C in less than 100 seconds.

26. The tablet of claim 24, wherein said tablet dissolves in water having a temperature of about 38°C in less than 100 seconds.

15 27. A package comprising
air tight sealed packaging; and
the tablet of claim 1 disposed in said sealed packaging.

20 28. The package of claim 27, wherein said package is free of puffing after storage at 45°C for 24 hours.

25 29. An effervescent composition comprising:
menthol;
eucalyptus oil; and
an effervescent agent,
the composition dissolving in water having a temperature of about 38°C to a clear solution.

30 30. A powder comprising the effervescent composition of claim 27.

31. A carbonated mouthwash comprising:

water;
menthol; and
eucalyptus oil.

5 32. A method of forming an aqueous effervescent composition, said method
comprising dissolving the tablet of claim 1 in water.

10 33. A method of treating a human, said method comprising
dissolving the tablet of claim 1 in water to form a clear solution; and
inhaling vapors emitted by the solution.

34. The method of claim 33, further comprising gargling with said solution.

15 35. The method of claim 33, wherein said water is at a temperature of at least
38°C.

36. The method of claim 33, wherein said water is boiling water.